

January

Franklin County

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year! 2	3 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce Milk	4 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit Milk	5 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit Chocolate Milk	6 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple Milk
9 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit Milk	10 Popcorn Chicken 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches Milk	11 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit Milk	12 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin Chocolate Milk	13 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding Milk
Martin Luther King Day! Closed 16	17 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Harvard Beets 1 White Bread Seasonal Fresh Fruit Milk	18 Chicken Primavera Island Vegetables 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit Milk	19 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit Chocolate Milk	20 Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges Milk
23 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie Milk	24 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread 1/2c Apple Crisp Milk	25 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Milk	26 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit Chocolate Milk	27 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit Milk
30 Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Pears Milk	31 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crk 1 Dinner Roll 1/2c Fruited Gelatin Milk	Lunches are available on days when facilities are open to the public. Please contact your local senior center for a schedule. Menus are subject to change. Meals must be pre-registered by 12 p.m. the day before. Monday meals must be pre-registered by 12 p.m. on Friday.		